

# Integrative Healthcare Services

Carol J. Bickford, PhD, RN,BC

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# Imploding U.S. Healthcare System

- Inability to pay healthcare bills contributes to nearly  $\frac{1}{2}$  personal bankruptcies
- Hewitt Associates and UCLA surveys project 2003 premiums will run at least 20% higher across the board
- Smaller businesses will pay 30-70% more for unchanged coverage
- Uninsured will increase by 50% to at least 60 million people

# Common Vision

## Immediate Actions

- Establish universal coverage of basic care
- Rebalance medical liability

## Longer Term

- Standardize information technologies
- When available, adopt evidence-based best practice guidelines
- Create accountability

Brian R. Klepper, PhD

Center for Practical Health  
Reform, Inc.

[www.practicalhealthreform](http://www.practicalhealthreform)

# Priority Areas for National Action: Transforming Health Care Quality (IOM, 2003)

- Inadequate health care delivery systems that fail to implement effective treatments
- Outmoded and poorly designed systems
- Corrective action for poor quality care

# Recommendation #1

## Priority Areas for National Action

- Represent U.S. population's health care needs
- Across lifespan
- In multiple health care settings
- Involving many types of health care professionals

# Priority Areas for National Action

- Extend across full spectrum of health care
- Keep people well and maximize overall health
- Provide treatment to cure disease and health problems
- Assist chronically ill to live longer, more productive and comfortable lives
- Provide dignified end-of-life care respectful of values and preferences of individuals and their families

## Recommendation #2: Criteria for Evidence-based Approach

- Impact – extent of burden on patients, families, communities, and societies
- Improvability – extent of gap between current practice and evidence-based practice
- Inclusiveness – relevance to broad range of individuals

# Recommendation #5:

## Data Collection in Priority Areas

- Go beyond usual reliance on disease- and procedure-based information to include data on health and functioning
- Cover relevant demographic and regional groups to identify disparities in care
- Be consistent within and across categories for accurate assessment and comparison of quality enhancement efforts



# Priority Areas

- Preventive Care
- Behavioral Health
- Chronic Conditions
- End of Life
- Children and Adolescents
- Inpatient/Surgical Care

# Healthy People 2010

- Goal 1: Increase Quality and Years of Healthy Life
- Goal 2: Eliminate Health Disparities

# Integrative Health Care

- 2.2 million registered nurses “employed”
- Average age of 45 years
- Annual salary - \$46,782 (real \$23,369)
- 59 percent work in hospital settings
- 157,000 Advanced Practice Registered Nurses (APRN)

# Draft Definition of Nursing (2003)

*Nursing is the prevention of illness, the alleviation of suffering, and the protection, promotion and restoration of health in the care of individuals, families, groups, communities and populations.*

# Nursing's Practice Framework

- Assessment
- Diagnosis
- Outcomes Identification
- Planning
- Implementation
- Evaluation (Progress Towards Attaining Outcomes)

# Implementation Considers Whole Person and Includes:

- Coordination of Care
- Health Teaching
- Health Promotion
- Consultation
- Prescriptive Authority and Treatment

# Supporting Terminologies Include:

- Diagnosis
- Interventions
- Outcomes

# Existing Terminologies

- ICD-9 and CPT – inadequate because of disease and pathology model
- ANA Recognized Terminologies – 13
- Focus Is Planning, Care Delivery Process, Outcomes, Not Reimbursement



# Integrative Healthcare Services Scenarios

- Clinician provides modalities in conjunction with counseling for client with DSM-IV diagnosis – can only code and bill for counseling
- Clients referred by another clinician for prescribed integrative healthcare services – self-pay is only option

# Integrative Healthcare Services Scenarios

- Client seeks integrative healthcare services for self-healing, relaxation, stress management, pain reduction or relief – self-pay is only option
- Clinician reduces fees or identifies another strategy for reimbursement, such as barter

# Integrative Healthcare Services Scenarios

- Primary care clinic services uninsured, underserved – sliding scale maybe, and code as E & M based on time
- Third party payers haven't a clue about what actually occurs
- Outcomes = pain reduction, “keep going”

# Examples of Modalities

- Therapeutic Touch
- Reiki
- Imagery and Visualization
- Aromatherapy
- Reflexology

# Other Integrative Healthcare Services

- Healing Touch
- Herbal Therapy
- Acupuncture
- Infusion Therapy (April 2-3, 2002)

# Issues

- Who
- What
- How
- Where
- When
- Why

Outcomes, Best Practices, Cost, Regulation

# Integrative Clinical Services Consortium

- Focuses on delivery of integrative services in inpatient and outpatient settings
- Funded by grants from:
  - Cardinal Nutrition
  - Catholic Health Initiatives
  - Center for Integrative Health Medicine and Research
  - Duke University Medical School
  - Inner Harmony Wellness Centers
  - Mayo Clinic
  - New York Beth Israel/Continuum Center for Health and Healing
  - Southwest College of Naturopathic Medicine and Health Sciences
  - UCSF-Osher Center